THE LONG HARD CLIMB TO KATNISS FITNESS

HOW JENNIFER LAWRENCE GOT IN SHAPE FOR HER PHYSICALLY CHALLENGING ROLE IN THE HUNGER GAMES PAGE 18



REGIONAL metro®

Tuesday, April 3, 2012

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Living the good life in a growing Saskatchewan

Economy. Province bucks national trend to outpace most of Canada in payroll employment



ALEX BOUTILIER
alex.boutilier@metronews.ca

From January 2011 to January 2012, Saskatchewan was second only to Alberta amongst Canadian provinces in non-farm payroll employment growth — a spike of 2.8 per cent over that period, according to a new Statistics Canada report.

With the third highest weekly earnings in the provinces, Saskatchewan is becoming an attractive alternative to workers heading West.

StatsCan identified a number of high-wage industries — including professional services, mining, quarrying and oil and gas extraction, educational services, construction and administrative and support services — where wages are growing even faster than the provincial average.

But with growth comes the difficulty of finding enough skilled workers to fill the gaps.

MORE COVERAGE, PAGE 3



Amy Miller pours a pint at the Creekside Pub and Brewery in Regina Monday. A recent Statistics Canada report showed widespread growth in Saskatchewan's goods and services industries. ALEX BOUTILIER/METRO



Farewell to Little Mosque

Long-running TV comedy set in fictional Saskatchewan town of Mercy fades from the small screen PAGE 4

Mounties get marksman — and his cache

RCMP officers seize 42 firearms from Aberdeen home PAGE 4

Iranian breaks taboo to seek peace

Tehran activist puts his life on the line with 'Iran loves Israel' campaign PAGE 6

American Pie chart

Use our handy cast guide to catch up on what everyone was up to before getting back together for American Reunion PAGE 15

Hot and wild recipes

Chipotle adds heat to a grilled ribeye steak, while dried fruit adds tangy sweetness to a wild rice casserole PAGE 19


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A crane looms over Hill Centre Tower III on the corner of 12th Avenue and Hamilton Street. A recent Statistics Canada report noted construction wages, along with the pay for several other services, rose sharply in Saskatchewan between January 2011 and January 2012. ALEX BOUTILIER/METRO

Salaries are on the rise, while we are working less

Statistics Canada. Saskatchewan workers among highest-paid



ALEX BOUTILIER
Metro in Regina

The average weekly earnings in Saskatchewan jumped 2.7 per cent from January 2011 to January 2012, making Saskatchewanians some of the highest-paid employees in Canada.

Average weekly earnings came in at $907.44 during that period. Only resource-rich Alberta ($1,065) and Newfoundland and Labrador ($919) boasted higher average weekly earnings amongst the provinces, according to a recent report from Statistics Canada. The national average came in at $888.

"(Weekly earnings have) been growing for quite awhile," said Jeannine Usalcas, a labour analyst with Statistics Canada. "We're seeing that it's really gone above the national average since August 2011."

The province also saw a 2.8 per cent growth in non-farm payroll employment — the second fastest growth rate in the country, behind Alberta. Saskatchewan nearly doubled the national average of 1.5 per cent. According to Statistics Canada, the growth was widespread across goods and services industries. Professional, scientific and technical services saw the largest bump, along with manufacturing, transportation, warehousing, construction and "other services."

Despite this, in the 12 months leading up to January 2012, average weekly hours worked declined 0.9 per cent, from 33 hours to 32.7 hours. That's below the national average of 32.9 hours.

By the numbers

5%

Saskatchewan has an unemployment rate of 5 per cent, compared to 7.4 per cent nationally.

Analysis

More jobs than workers: Prof

Saskatchewan's high wages are a simple matter of supply and demand, according to a University of Regina business professor.

But the high wages may underline a bigger issue for the province — a shortage of workers to fill necessary positions.

"The largest single issue facing business right now is labour," said Bruce Anderson. "We have a number of potash mines and the like that are scheduled to come on board ... the additional construction that's going on related to a growing market ... I think the construction industry will just become that much more strapped for people."

To that end, Anderson said Saskatchewan must continue to actively recruit skilled workers from other jurisdictions.

"Everything from labourers in a fast food restaurant all the way up to skilled labour and professionals, there's a lack of people in all of those categories," said Anderson.

But he acknowledged that having too many jobs and not enough workers is a better problem than the opposite.

ALEX BOUTILIER

Election

New chief for First Nation Veterans Association

There's been a change of guard for the Saskatchewan First Nation Veterans Association.

The association elected Raymond Sanderson from the James Smith Cree Nation as the new grand chief at their annual meeting in Saskatoon.

Sanderson joined the Canadian Armed Forces at age 17, and did two tours of duty in West Germany.

He served with The Black Watch of Canada and Princess Patricia's Canadian Light Infantry.

During his military career, Sanderson was awarded the NATO Special Services Medal, the Saskatchewan Centennial Medal and a thank-you medal from Holland.

Sanderson said in a news release that he wants to focus the association's initial efforts on a grave marker program and a fundraising initiative for members. THE CANADIAN PRESS

Call of duty

17

At 17 years old, Raymond Sanderson joined the Canadian Armed Forces and did tours of duty in West Germany.

Two-vehicle collision. Three injured after truck with trailer strikes a van

A two-vehicle collision late Sunday night sent three people to hospital with serious injuries.

The accident occurred around 11 p.m., just south east of Kronau.

According to Cpl. Rob King with the Regina RCMP communications division, a truck pulling a small trailer was travelling towards Regina when it struck a van travelling southbound on Highway 33.

The two men in the truck and the female driver of the van were transported to hospital.

The female was described as having serious injuries, while the two males suffered serious, but "less severe" injuries.

No update on their condition was available.

"The road was closed until early (Monday) morning, and we had (an accident) reconstructionist there trying to figure out exactly what happened," said King.

King could not say if any of the parties involved were actually from Regina.

ALEX BOUTILIER

For more local news visit metronews.ca/regina

On the web

Sensational progress

The U.S.'s first full-face-transplant recipient says he can feel his daughter's kisses now, a year after the procedure. Dallas Wiens was blinded and severely burned after touching a high-voltage power line in 2008. Watch at metronews.ca

Sensational violence

A gunman left horrific scenes in the wake of his rampage on Monday at a Christian university in California. Watch at metronews.ca for more.

Mobile news

Coming for the Olympics with money to spend? Then there's still time to ensure you can take tea at The Ritz, drink at the Savoy's American bar or sleep in an Art Deco room at Claridge's. Scan code for the story.

SOUND THE ALARM

ONE MILLION CHILDREN AT RISK IN THE SAHEL

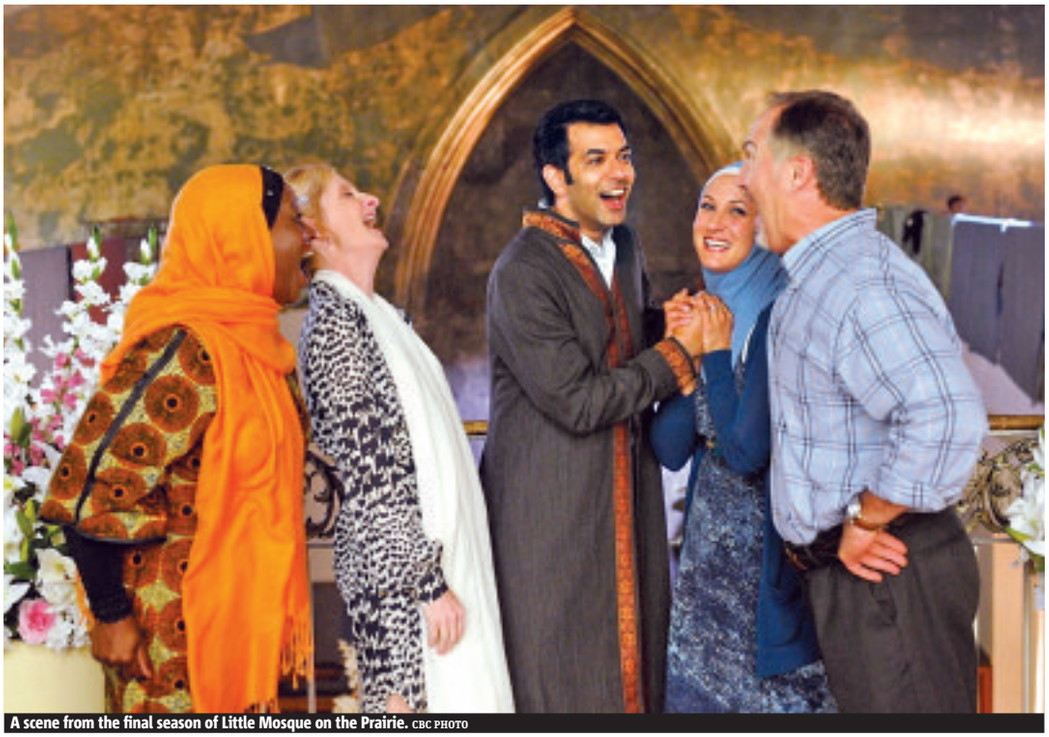


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A scene from the final season of Little Mosque on the Prairie. CBC PHOTO

Little Mosque on the Prairie fades to black

Good run.
Show known for disregarding political correctness ends after six seasons

It may have been filmed in the fictional Saskatchewan town of Mercy, but to fans of The Little Mosque on the Prairie it was as real as it gets.

Riding a wave of popularity that crested with airings in 84 countries, the sitcom with a wanton disregard for political correctness ran a good six years before the final show aired Monday.

Ratings for the show have been plummeting of late, however, from the giddy high of more than two million Canadian viewers for its debut, to an average of 469,000 this season.

While thousands of loyal fans have been bemoaning the show's demise on Twitter and in living rooms across the nation, Little Mosque was not without its detractors, racking up more barbs than there are needles at a tattoo artists' convention.

"I think it was a terrible comedy," says broadcaster and author Tarek Fatah. "And I think it survived purely because of what I call 'white man's guilt.' If this were any other group of people, it would have been shut down in a month. Most people watched it with the fear that if they didn't laugh, they'd be considered racist. It was a massive fraud."

In terms of legacy, however, comedy may be the least of it. Perhaps Amina Yaqin, a professor at the University of London in England and co-author of Framing Muslims, provides the best summation: "I think the cultural legacy of the program is its bold humour and disregard for political correctness. I think we made it okay for people to be whoever they wanted to be. I think there was an attempt to really make people understand that people of any faith or background can live together."

Viewership

The premiere garnered more than 2 million viewers.

By the end of the first season, the average audience had dropped to 1.3 million.

This season, that number has dwindled to 469,000.

METRO/WITH FILES FROM TORSTAR NEWS SERVICE

RCMP seize 42 guns from marksman

Saskatchewan RCMP officers seized 27 long-barrel rifles, an AK-47 assault rifle, one sawed-off shotgun and 12 handguns from an Aberdeen home on Friday.

Officers also seized three swords and several thousand rounds of ammunition, said RCMP spokesman Cpl. Rob King.

"I don't know if it's the largest, but it's a significant seizure to get this many weapons back into our custody," he said.

Bruce Lafreniere, 62, is facing a total of 15 charges for improper storage and possessing illegal weapons and devices, King said.

Lafreniere appeared briefly in court Monday and well be held until a hearing set for Wednesday.

Outside of the court, his son Michael Lafreniere said he was upset with the way police treated his family and released information to the public about the guns.

"They're not telling you they're all registered," he said.

The guns were all legal and, as far as he knew, properly stored, he said. The AK-47 seized was a kit bought from a gun show that was not assembled and not in operable, he said.

His father was a gun instructor and a competitive shooter, he said.

"He taught me," he said.

King he didn't know if the seizure had any benefit to public safety. "As far as we're aware none of these weapons were ever used in criminal activity, they were personally owned by the person charged with unsafe storage," he said.

The guns were seized when officers with the Saskatoon RCMP detachment and a member of the National Weapons Enforcement Team executed a search warrant on the home.



Seized guns. JESSICA SMITH/METRO

Michael Lafreniere said he believes the search of his father's house stemmed from a family complaint.

"There's a divorce in the mix," he said. "It's just getting dirty now."

JESSICA SMITH/METRO IN SASKATOON

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MARRIED WITH KIDS



With two children in public school, a home in a suburb of Calgary, and an annual household income of $70,000, Peter and Kim have learned how to make the most of their money — and make it work for them.

Peter, 34, is an office manager at a downtown firm while Kim, 30, has just returned to the workforce and has a part-time job at a department store. They have a long-term financial goal to pay off their mortgage by the time Peter turns 60, and they have retirement and education savings plans in place too.

"We're especially good at stretching our budget on food," says Peter. "We plan meals ahead, shop the specials flyers and always pack lunches." The couple also manages with one car. "On the days I'm scheduled to work nights, I drop him off at the C Train — and he takes public transit," says Kim.

They've found other ways to save money too. For example, a few years ago they got a *Scotia Momentum*® VISA* card that they now use to pay for as many everyday purchases as they can.

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"It's a no-brainer," says Kim. "And every purchase we make contributes to our annual cash back from the bank. It's become a great savings tool for us too," says Kim.

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Peter and Kim's profile:

Peter and Kim use their *Scotia Momentum*® VISA* card to pay for about $1,500 worth of purchases each month. Remember that some fixed costs, such as rent, are not payable by credit card and therefore not included in these calculations.

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Gas Station		$ 225
Drug Store		$ 150
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Other		$ 800
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Peter and Kim's Estimated Annual *Scotia Momentum*® Cash Back

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Michael Rafferty trial. Jurors view site where Stafford's body found

Jurors in the case of a man accused of first-degree murder in the death of Victoria Stafford were given a first-hand look Monday at the farmer's field where the eight-year-old was killed.

They were at the scene southeast of Mount Forest, Ont., where the judge said he hoped the jurors would get a better understanding of the evidence.

Members of the media were allowed to view the area once the jury had left.

On Friday, the panel saw video and photos of where Tori's remains were found in July 2009, wrapped in a garbage bag and buried under a pile of rocks in a farmer's field.

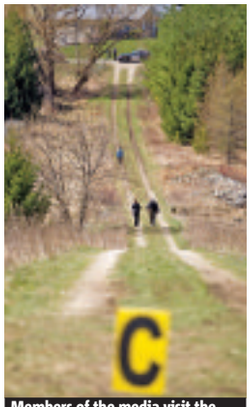
Tori disappeared outside her Woodstock, Ont., elementary school on April 8, 2009, and she was allegedly killed the same day in the rural area more than 100 kilometres north of her hometown.

Michael Rafferty, 31, has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

Terri-Lynne McClintic, 21, is already serving a life sentence after pleading guilty to first-degree murder in Tori's death.

When McClintic confessed and later pleaded guilty, she said Rafferty had killed Tori using a hammer, but at the trial she testified it was she who dealt the fatal blows.

THE CANADIAN PRESS



Members of the media visit the crime scene. Markers had been placed to guide the jury's visit.

GEOFF ROBINS/THE CANADIAN PRESS



As winner of their charity boxing match, Liberal MP Justin Trudeau trims Conservative Senator Patrick Brazeau's ponytail in the foyer of the House of Commons Monday. For more see metronews.ca/features. ADRIAN WYLD/THE CANADIAN PRESS

Trudeau celebrates latest victory over a Tory rival

A Conservative senator is sporting a new hairdo after losing a charity boxing match to Liberal MP Justin Trudeau.

As part of a bet, Patrick Brazeau had his long hair lopped off Monday in the foyer of the House of Commons.

He also must wear a Liberal hockey jersey with Trudeau's name on the back for the rest of the week.

Stylist Stefania Capovilla says she cut off eight or nine inches of Brazeau's hair.

Underdog Trudeau beat odds-on favourite Brazeau on Saturday night when the referee stopped the bout in the third round.

The Liberal MP and Conservative senator were fighting to raise money for cancer research. THE CANADIAN PRESS

Leaders summit

Canada waits for invitation to join Pacific Rim group

Canada may have to give up its protectionist marketing boards if it wants to join a new free-trade group of Pacific Rim countries, U.S. President Barack Obama suggested Monday.

Prime Minister Stephen Harper got another expression of interest in a meeting with Obama in Washington, but hasn't yet received a formal invitation to join the Trans-Pacific Partnership.

THE CANADIAN PRESS

Unknown condition

Minister Toews in hospital

Public Safety Minister Vic Toews has been taken to hospital in Ottawa.

It's not clear what condition he is suffering from.

A spokesman for Toews says the minister has been battling a seasonal flu for the last few weeks.

THE CANADIAN PRESS


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Deadly shooting brings scenes of horror to school

Gunfire. Gunman identified as 43-year-old Oakland man



Oakland Police work after a school shooting at Oikos University in Oakland, Calif., Monday. A gunman opened fire at the university, killing at least seven people. NOAH BERGER/THE ASSOCIATED PRESS

A gunman opened fire Monday at a small Christian university in California, killing at least seven people, wounding three more and setting off an intense, chaotic manhunt that ended with his capture at a nearby shopping centre, authorities said.

Police Chief Howard Jordan said Monday that One L. Goh is in custody after surrendering at a shopping centre about an hour after the shooting at Oikos University on Monday morning.

Authorities say he was a former student at the Christian school.

The gunfire erupted around midmorning at Oikos University. Heavily armed officers swarmed the school in a large industrial park near the Oakland airport and, for at least an hour, believed the gunman could still be inside.

Art Richards said he was driving by the university on his way to pick up a friend when he spotted a woman hiding in the bushes and pulled over. When he approached her, she said, "I'm shot" and showed him her arm.

"She had a piece of her arm hanging out," Richards said, noting that she was wounded near the elbow.

As police arrived, Richards said he heard 10 gunshots coming from inside the building. The female victim told him that she saw the gunman shoot one person point-blank in the chest and one in the head.

Television footage showed heavily armed officers swarming the building and also showed bloodied victims on stretchers being loaded into ambulances. Several bodies covered in sheets were laid out on a patch of grass at the school.

For at least an hour after the shooting began, police thought the shooter could still be on campus. Police believe the shooter acted alone, though they have not discussed a possible motive. THE ASSOCIATED PRESS

Court sentences bin Laden's family

A Pakistani court sentenced Osama bin Laden's three widows and two of his daughters to 45 days in prison on Monday for illegally living in the country, ordering them deported when the sentence ends, their lawyer said.

With credit for time served, the women and several of their other children will leave Pakistan later this month, said lawyer Mohammed Amir Khalil. They have been in detention since American commandos killed bin Laden in a large house in the Pakistani town of Abbottabad on May 2, but they were formally charged with immigration offences only last month. The Americans left the women and children behind in the house after they flew off with bin Laden's corpse.

The women may have information about how bin Laden managed to remain undetected for close to 10 years after the Sept. 11, 2001 attacks in the U.S. The youngest, 30-year-old Yemeni wife Amal Ahmed Abdel-Fatah al-Sada, has told investigators bin Laden lived in five houses while on the run and fathered four children, two of whom were born in Pakistani government hospitals. THE ASSOCIATED PRESS



Afghan refugees gather outside the house in Haripur, Pakistan, that Pakistan's intelligence agency believes Osama bin Laden lived in. ANJUM NAVEED/THE ASSOCIATED PRESS



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Technical failure cited in deadly Russian plane crash

Twelve hospitalized, 31 killed. No basis to suggest improper de-icing of the twin-engine turboprop was the cause of the crash

Russia's civil aviation chief says the plane that crashed Monday into a snowy field in Siberia, killing 31 people, appears to have been improperly de-iced.

,However the official said there was no indication that had caused the crash.

The twin-engine turboprop belonging to UTair crashed shortly after take-off Monday from the snowy western Siberian city of Tyumen. There were 43 people aboard,twelve have been hospitalized in serious condition.

The state news agency RIA-Novosti quoted Rosaviatsiya head Alexander Neradko as saying there was evidence "that the treatment of the plane with de-icing agents was not done at the necessary level." However, he also said there was no basis yet "to connect this with the cause of the crash."

The ATR-72 took off at 7:40 a.m. from Tyumen, a regional centre in Siberia about 1,700 kilometres east of Moscow, heading for the oil town of Surgut, about 650 kilometres away.

The plane came down in a field about three kilometres away from the Tyumen airport, breaking into three sections upon impact.

Part of the plane was destroyed by a fire that burned at least six people to death, said police.

Investigators said evidence so far points to a technical failure of the French/Italian-made aircraft. They noted that witnesses reported seeing smoke coming from its engines as the plane came down and said its pilots had tried to return to the airport.

The federal Investigative Committee said while equipment failure appeared to be the most likely cause of the crash, pilot error or mistakes by traffic controllers had not been ruled out.

The plane was built in 1992 and had been part of UTair's fleet since 2008.

All of the 39 passengers and four crew were Russian.

Russia has seen a string of deadly crashes in recent years.

THE ASSOCIATED PRESS



Russian police guard the site of the ATR-72 plane crash outside Tyumen, a major regional centre in Siberia. RUSSIAN GOVERNMENT PHOTO/THE ASSOCIATED PRESS

Nurse convicted of killing patients with bleach



Former Texas nurse Kimberly Saenz was sentenced to life for killing dialysis patients by injecting them with bleach. JOEL ANDREWS/THE ASSOCIATED PRESS

A former Texas nurse convicted of killing five dialysis patients by injecting them with bleach should spend the rest of her life in prison with no chance of parole, jurors who earlier convicted the woman of capital murder said Monday.

Kimberly Saenz was convicted Friday of killing the patients at a clinic run by Denver-based health care giant DaVita Inc. She also received three 20-year terms for aggravated assault in the cases of five other patients who were deliberately injured at the facility in East Texas.

Jurors spent about 45 minutes deliberating before returning with a decision on the punishment. They also could have recommended that Saenz receive the death penalty.

"I was hoping for the death penalty but I'm all right," said Wanda Hollingsworth, whose mother was among Saenz's victims.

Given a chance to address Saenz after the jury left the courtroom, Hollingsworth said she was "nothing more than a psychopathic serial killer."

"You have disgraced your family and the medical field," said Hollingsworth, a nurse herself. "I honestly say I hope you rot in hell."

Marisa Fernandez, whose grandmother also was among the patients who died, said she was satisfied with the sentence.

"It is my duty as a Christian to forgive you," she told Saenz. "And I will. I just hope for your sake you can reach out and ask forgiveness for yourself."

Saenz was fired in April 2008 after a rash of illnesses and deaths at the clinic in Lufkin, about 125 miles (200 kilometres) northeast of Houston. Her lawyers argued Saenz wrongly took the blame for the clinic's sloppy procedures; bleach is a commonly used disinfectant at the clinic. DaVita Inc. denies the accusations.

"She's never getting out no matter what you do," Saenz's lawyer, Steve Taylor, said in his closing remarks, urging jurors to choose a life sentence. "Society is protected. You will never see her again."

THE ASSOCIATED PRESS

CRTC

Telemarketers ignoring 'Do Not Call' rule

Canada's telecom regulator says it's still finding telemarketing companies that haven't followed the Do Not Call rules.

The CRTC said Monday it has issued citations to 74 companies and levied fines in 11 additional cases.

The latest fines totalled $41,000.

That's a relatively small amount compared with the $2.1 million in penalties that the CRTC has levied against telemarketers since the rules were put in place.

The CRTC oversees the national Do Not Call list, which protects consumers from unwanted calls.

THE CANADIAN PRESS

Pay phones

Bell wants a buck for a cash pay phone call

Bell Canada and Bell Aliant Inc. want to double the price of a local pay-phone call.

They are asking the CRTC to approve a rate increase that would raise the cost of a cash call to $1 from 50 cents and raise calling card or debit card calls to $2 from $1.

The companies say they need more money to deal with new loonies being brought out by the Royal Canadian Mint.

They say the existing technology won't be able to recognize the new coins.

The application has angered consumer groups.

THE CANADIAN PRESS

Senior drivers

Call for graduated licensing for seniors

Canada's leading general medical journal is calling for a graduated licensing system for the country's seniors,

An editorial published in the Canadian Medical Association Journal Monday says some seniors keep driving as they age despite "substantial physical or mental deterioration."

The piece points to data from 2009 showing more seniors died in fatal vehicle crashes than any other age group and goes on to suggest a graduated licensing system — like what new drivers work through — to help protect elderly Canadians and others.

THE CANADIAN PRESS

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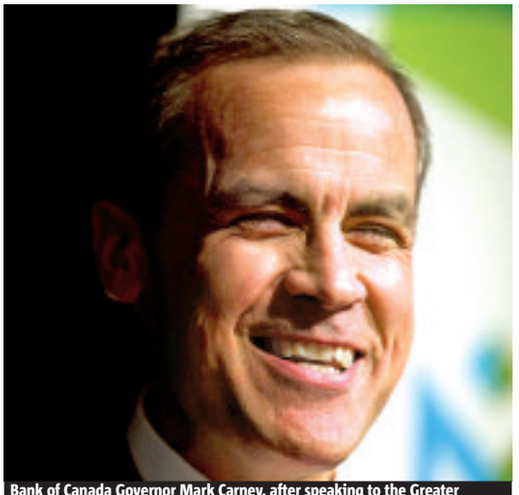
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Economy needs firms to look to emerging markets: Carney



Bank of Canada Governor Mark Carney, after speaking to the Greater Kitchener-Waterloo Chamber of Commerce in Waterloo, Ont., on Monday.

FRANK GUNN/THE CANADIAN PRESS

Global trade. Bank of Canada governor issues sternest warning to date about the country's lagging export record

Canada's economy is underperforming because firms have failed to take advantage of turbo-speed growth in emerging markets, says Mark Carney, citing the worst post-slump trade performance in six decades.

In a speech prepared for a Kitchener-Waterloo business audience Monday, the Bank of Canada governor characterized the country's export record since 2000 as a dismal failure.

It is the worst post-recession record of any recovery since World War II, he said, adding that aside from the United Kingdom, it is currently the worst in the G20 club of major economic nations.

Carney wants Canadian businesses to turn their attention away from traditional markets like the U.S. and focus on booming economies in Asia.

"Exports have not regained their pre-crisis peak, and in fact remain below their level of a decade ago," he said.

Referring to Canada's current economy, Carney had relatively positive things to say.

With Europe's debt problems improving and as the U.S. recovery picks up steam, the headwinds that have held back Canada's economy are abating.

For the economy to expand in the future, it must ramp up on exports, and businesses must become more innovative and invest in machinery and equipment, he said.

THE CANADIAN PRESS

Business boost

"This was essentially a pep talk for business."

Economist Michael Gregory, BMO Capital Markets

Labour. Machinists union heading to court

The International Association of Machinists and Aerospace Workers (IAMAW) said Monday the union will take the government to court over the measure known as Bill C-33 used to prevent some 8,300 IAMAW members from striking on March 12.

The challenge by the machinists follows a similar filing by the union representing the company's pilots, who filed a suit in Ontario Superior Court last month.

Both groups, which together represent more than 11,000 airline employees, are the last group of workers without updated collective agreements.

The pilots said the law that forces them to fly and accept a contract imposed by arbitration is contrary to Canada's Charter of Rights and Freedoms.

The machinists union said the move has now thrust it into an arbitration process it calls biased, removing its Charter right to free association.

THE CANADIAN PRESS

Lawsuit. U.S. accuses RBC of sham trading

Royal Bank is defending itself against what it calls "absurd" allegations from U.S. regulators that it engaged in hundreds of millions of dollars in sham futures trades to reap tax benefits on its holdings of company stocks.

The Commodity Futures Trading Commission lawsuit filed Monday says Royal Bank also concealed the true nature of the trades and made false statements to a futures trading exchange.

The activity, so-called "wash trading" is an illegal stock trading practice in which an investor simultaneously buys and sells shares in a company through two different brokers, usually to avoid taxes.

Royal Bank defended its position in a statement, saying that it consulted stock exchanges and the commission itself for guidance when the trades were made and there was no objection from either.

THE CANADIAN PRESS


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metropolitanpanel.ca
Metropolitan Panel

Employment. Aveos workers move on

Aveos Fleet Performance employees are moving from anger to action as they try to find new jobs while union and government officials are trying to find a buyer for the shuttered aircraft maintenance company.

Former employees lined up at a Montreal airport hotel early Monday to be among the first to meet with recruiters who attended one of two job fairs being organized by their former colleagues.

Spokeswoman Pascale Lambert said employees aren't waiting to see if Air Canada will rehire them or if behind-the-scenes efforts will lead to the company being sold or restarted.

"It would be very nice, but I'm not sure it's actually going to happen, so that's why we decided to put a plan in action to find a job and not wait and see if somebody is going to do something to save this company," she said in an interview.

More than 2,600 Aveos employees lost their jobs after Aveos shut down three main plants in Vancouver, Winnipeg and Montreal, as well as other facilities in Edmonton, Calgary and Trenton and Mississauga, Ont., last month.

THE CANADIAN PRESS

Data breach

Visa drops Global Payments from approved list

As many as 1.5 million credit cards in North America were compromised by a data breach last month at Global Payments Inc.

Visa has since dropped Global Payments from its list of approved third-party companies that process credit card payments between retailers and banks.

THE ASSOCIATED PRESS

Electric car

GM to suspend Chevrolet Volt production

General Motors will suspend production of the Chevrolet Volt for an extra week this summer as it tries to control the electric car's inventory.

But the company says sales picked up in March to a record of more than 2,000, and it may cancel the extra week if sales stay strong.

THE ASSOCIATED PRESS

Social networking

Now even the president is on Pinterest

U.S. President Barack Obama has joined Pinterest, the popular online message board, where users organize and share things they love.

His account has a variety of postings about himself and his family, including the family's favourite chili recipe as well as his varied public appearances and activities. TORSTAR NEWS SERVICE

Market Minute

DOLLAR 100.98¢ US (+0.73¢)

TSX 12,507.06 (+114.88)

OIL $105.23 US (+$2.21)

GOLD $1,679.70 US ($7.80)

Natural gas: $2.15 US (+2.6¢)
Dow Jones: 13,264.49 (+52.45)

JUNK FOOD: A CURE FOR THE COMMON CRAVING



SHE SAYS...
Jessica Napier
metronews.ca/shesays

Last week I was terribly sick in the sore-throat, runny-nose, end-of-days kind of way that everyone experiences during this awful, not-quite-winter, not-quite-spring time of year.

According to common cold logic, being sick gives you licence to do things you wouldn't usually do. I spent my recovery period watching bad romantic comedies and eating junk food. Yes, instead of loading up on oranges and soothing chicken noodle soup I found myself shame-eating instant mac and cheese alone in bed. I'm not proud of it people.

Ninety per cent of the time I worship at the altar of kale salads and cauliflower pizza crust, but when my immune system is down I turn to comfort food. While it makes me feel better in the very immediate short term, flu-related binging almost always results in a trans-fat induced spiral of regret.

This is hardly surprising of course; junk food consumption does in fact have a direct impact on your mental health, according to a recent study published in the March 2012 edition of Really Obvious Facts, ahem, I mean, the journal of Public Health Nutrition. The research revealed that individuals who consume fast food on a regular basis are 51 per cent more likely to develop depression symptoms, compared to those who eat little or none. We can assume the appendix of the study was titled DUH!

Eat like our ancestors

One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids.

But even though we know better (pink slime anyone?) why do we give in to these unwholesome cravings? It seems that junk food is the culinary equivalent of a Real Housewives franchise: highly processed but surprisingly satisfying.

Sometimes the difficult part isn't knowing what not to eat, but what we actually should be eating. Every week there is a new cancer-causing food group to avoid. Beware, the evils of gluten, renounce your love of dairy, forget the farmed salmon, cut back on raw vegetables … begin to live in fear of all edibles!

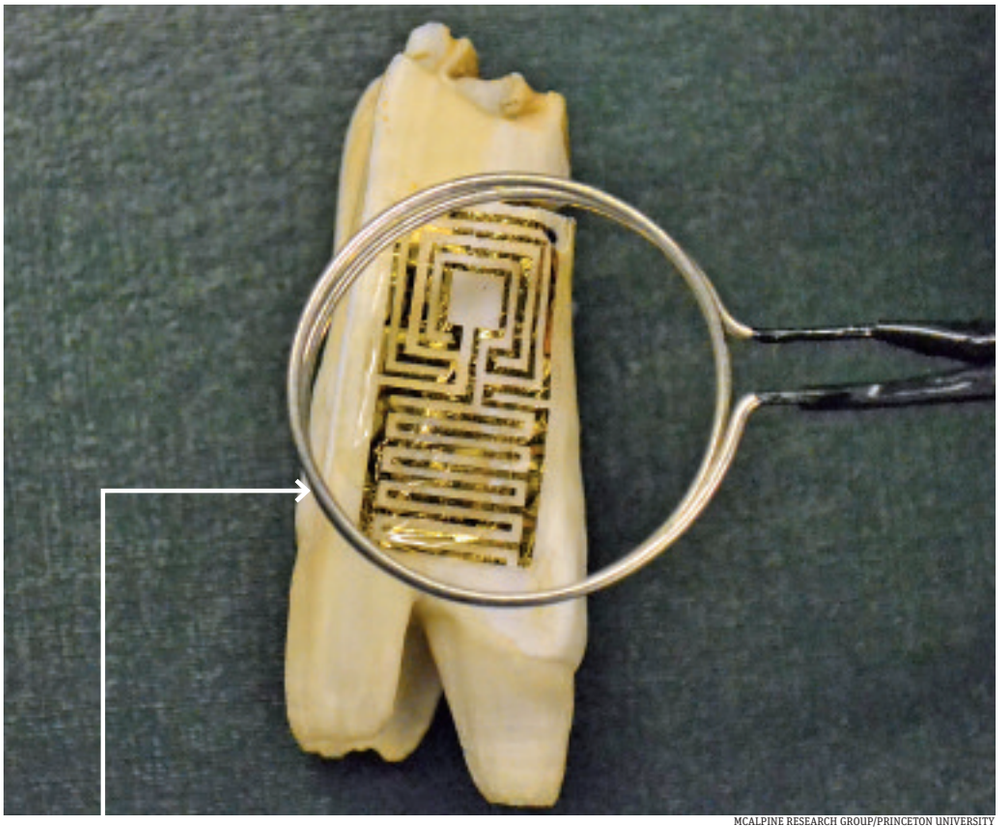
One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids. Cave-person dieters are limited to Stone Age staples such as fish, root vegetables and nuts while eliminating hunter-gatherer foods such as dairy products, grains, legumes, sugar, salt and basically anything delicious. Personally I prefer to subscribe to the low-maintenance doctrine of "everything in moderation."

Some of the best food-related advice I ever received was this: when you're at the grocery store, shop around the perimeter. Here you'll find fresh fruits and vegetables, lean protein, whole grains — basically the entire rainbow of items featured on Canada's Food Guide. What you won't find: brownies, frozen pizza (in deep dish, pop or pocket form), and yes, sadly instant mac and cheese.



With so much information circulating about what is healthy and what isn't, sometimes you have to go with your gut instinct.
RAFFI ANDERIAN/TORSTAR NEWS SERVICE

This tooth fights an ache



MCALPINE RESEARCH GROUP/PRINCETON UNIVERSITY

Tonsil detection

Tooth tattoo detects illness

PRINCETON, N.J. We've all heard about having a sweet tooth, but scientists now claim that in a few years from now we could have a disease-detecting tooth working inside our mouths. Michael McAlpine and his team at Princeton have developed a "tooth tattoo" that can sense bacteria in people's breath. **METRO**

60 seconds



Michael McAlpine

Detecting cancer

How does this device work?
It's made from graphene, a one-atom-thick layer of carbon that's an excellent conductor. After a student breathed on the tooth we used in the experiment, the molecules interacted with the graphene's sensors and gave an electronic, computer reading.

Any potential benefits?
It'll be able to detect H. pylori, a bacterium that causes stomach ulcers and cancer. Plus, it also heralds in a new way of detecting diseases.

When do you plan to put this device on the market?
We think in five years' time.

And you think people will put it on their front teeth?
It can be made small to fit on back teeth but could double up as a trendy-looking "tooth tattoo." **ANTHONY JOHNSTON/METRO**

Metropolitan Panel

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Twitter

@mdubs01:
It's 2012 and the busiest #yqr road is brought to a standstill by a train numerous times during the day. #lame #onehorsetown

@LoblawforMayor:
List of 2012 Regina muni election candidates - http://bit.ly/ykDf5R - Send me links to more. #YQR #skpoli

@SaskMusic:
Income tax for musicians: yours done? need tips? Music, Money and Taxes Workshop in Saskatoon April 3 / Regina April 4

@CourtneyMMurphy:
Shame on you Saskatchewan! Electricity consumption actually went up during Earth Hour by 10% compared to last year. According to SaskPower

@Brent4MayorYQR:
If elected, I will also legally change my name to David Rober Loblaw. #mayortname #yar #mayortime #2mayorsforone

metro

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It's time to play catch-up

Like any high school reunion, getting the American Pie cast back together for American Reunion leads to the obvious questions about what they've all been up to. Here's an update:

NED EHRBAR
Metro World News in Hollywood



Jason Biggs (Jim)

After films like Saving Silverman and Loser, Biggs has been focusing on TV. He is currently voicing Leonardo on Nickelodeon's new Teenage Mutant Ninja Turtles series.



Alyson Hannigan (Michelle)

She's come a long way since 'this one time at band camp.' The biggest success of the bunch, Hannigan has been starring on How I Met Your Mother since 2005.



Seann William Scott (Stifler)

After a string of strong comedy films like Dude, Where's My Car?, the Rundown and Role Models, he completed a stint in rehab prior to filming American Reunion.



Thomas Ian Nicholas (Kevin)

A child star before American Pie, Nicholas has shifted his focus to music — and even has a song on the American Reunion soundtrack.



Chris Klein (Oz)

After a pair of DUI-related arrests and a stint in rehab, Klein is mounting a comeback, starting with a recurring role on the FX series Willard.



Eddie Kaye Thomas (Finch)

Thomas has worked steadily on screen and stage in smaller projects, with recurring roles in the Harold and Kumar franchise and the American Dad animated series.



Tara Reid (Vicky)

After a rocky decade filled with critical career bombs, reality TV meltdowns and problematic plastic surgery, Reid appeared on Celebrity Big Brother UK last year.



Mena Suvari (Heather)

Suvari made waves with American Pie and American Beauty in the same year. Recently she has popped up on American Horror Story.



Natasha Lyonne (Jessica)

Went through numerous drug-related hospitalizations, arrests and rehab stints, now getting back to work with American Reunion and Abel Ferrara's 4:44 Last Day on Earth.



John Cho (John, party guy)

Cho launched a catchphrase and a successful career off one key scene in American Pie, and went on to star in franchises like Harold & Kumar and Star Trek.

Making peace with his party boy persona

American Reunion. Seann William Scott loves playing Stifler and no longer worries about cast typing

NED EHRBAR
Metro World News in Hollywood

While Stifler, the obnoxious jock played by Seann William Scott, was just a supporting role in American Pie, his manic energy and brash chauvinism helped him to steal every scene he was in and catapulted the first-time actor to stardom. And while the character became more prominent over the course of the two theatrically released sequels and the new American Reunion, more Stifler time always makes Scott nervous.

"I think the character is effective when he's used just the right amount," Scott says. "I didn't want him to have too much of a story arc because I don't think he's the kind of guy I really want to know why he is who he is. He shouldn't grow up too much. That'd be boring."

Fun aside, there's also the strain Scott can feel playing the rapid-fire jock. "In the third one I was like a cartoon character almost — which I thought was fun — but I just don't know how to do that. I'm 35 now," he says.

That being said, Scott insists he's come to peace with how big a part of his life Stifler continues to be — and he's happy to have him.

"I mean, I've been stressed about, 'Well I don't want to be known as this character forever.' I don't give a s—.

"The character's f—ing fun. And I love these guys."



Seann William Scott has plenty of fun with Stifler. HANDOUT

2 SCENE

Scene in brief

Sheen gets pranked

How about a sequel to The Artist starring Charlie Sheen? The actor says he wouldn't hesitate for one minute if the project was proposed to him. At least, that's what he told a Montreal radio personality who was pretending to be the film's award-winning actor Jean Dujardin. The notorious comedy duo known as the Masked Avengers called up Sheen two weeks after the Oscars and asked him if he would like to be in a sequel. The actor congratulated "Dujardin" on his Oscar win and said he'd love to work with him. The Montreal pranksters have engaged in stunts involving Bill Gates, Britney Spears, Paul McCartney and, perhaps most famously, Sarah Palin during the 2008 U.S. election. This latest one involves Sheen, whose well-documented substance abuse issues and peculiar outbursts have cast a shadow over a once-bright acting career. Sheen was fired last year from Two and a Half Men, at the time the highest-paid gig on TV, and in the phone call appeared eager for more work with the prestigious French actor. "Dujardin" told Sheen the followup to The Artist would be a comedy and the proceeds would go to a good cause. Speaking in a thick accent and at times switching to French, he told Sheen the money be donated to a foundation against dictators, including "(Premier) Jean Charest in Quebec, of course."

THE CANADIAN PRESS

On the web

Trailer from Sparkle, the late Whitney Houston's upcoming film, debuts on Today show

‘Free to go straight to the action’ in season two of popular period drama, The Borgias

The son will rise. The Borgias star François Arnaud promises his character Cesare will be anything but passive this season

IAN JOHNSTON
scene@metronews.ca

For François Arnaud, the trick to acting on The Borgias is to keep it “real and relatable.” That’s no easy task considering Arnaud’s playing the 15th century black sheep son of a philandering, murdering Pope.

“But the character still has to ring true to people,” says the Montreal-born Arnaud, who plays Cesare Borgia in the Gemini-winning period drama, which returns for season two on April 8th.

“The goal is to not be stylized or theatrical but to keep it lively and modern. The way the relationships work is really no different than how they’d play out today.”

In the second season of The Borgias, Cesare continues to find himself on the outs with his father — Pope Alexander (Jeremy Irons). Alexander still favours his much more inept son Juan.

But unlike in the past, Arnaud says his character won’t just stay angry. He’ll “take action” this season.

“I think, in the first season, he (Cesare) didn’t do much because he was very much a teenager. Now, he’s very different. He’s less angry. He takes responsibility for himself and his family,” he says.

“The rivalry with my brother also rises to a new level. And Cesare no longer feels he has to follow his father’s wishes. But he doesn’t want to be pope himself. No. That comes with a lot of baggage,” laughs Arnaud.

Beyond his character, Arnaud promises a more action-packed season for Borgias fans.

“First season of any show, especially a period drama, tends to be expositional. You have to explain the world and set things up. But in this new season, we are free to just go straight to the action.”

Season two of The Borgias premieres Apr. 8 at 10 p.m. (ET) on Bravo!.

We can relate

“The goal is to not be stylized or theatrical but to keep it lively and modern. The way the relationships work is really no different than how they’d play out today.”
François Arnaud



François Arnaud as Cesare Borgia HANDOUT

The times are changing

On location: Evolution of Budapest bittersweet

The actor says the experience of shooting just outside Budapest, Hungary, has also proven to be “very exciting.”

“Twenty years earlier, they were living in a communist country. So you can really feel a lot of excitement,” he says.

“Some of it’s good. Some not good. Just since I’ve been filming there, I see Starbucks springing up.

“There’s something sad about that. Like every city in the world is becoming a look-alike.”

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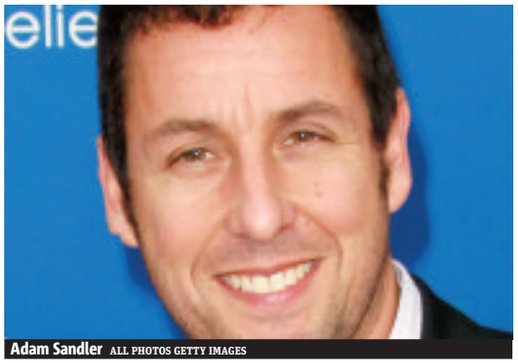


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I award you no points: Sandler sweeps the Razzies



Adam Sandler ALL PHOTOS GETTY IMAGES

Adam Sandler has a new record, but it's probably not one he wants to brag about. The actor's gender-bender comedy Jack and Jill — in which he played male and female twins — earned 10 of the 12 Razzies for which it was nominated over the weekend.

The Razzies — or Golden Raspberries — celebrate the worst in film each year.

"It's not really a clean sweep," Razzies founder John Wilson tells People magazine. "So it will go into the record books with an asterisk."

The previous record-holder for most wins was Lindsay Lohan's 2006 film I Know Who Killed Me.

Stork brings Bruce Willis one more baby girl



Bruce Willis and Emma Heming welcomed a baby girl, Mabel Ray, over the weekend, according to Entertainment Tonight. The new parents are "overjoyed" about the arrival, according to their reps.

Mabel weighed in at nine pounds, one ounce. This is the first child for the couple, who tied the knot in 2009. Willis has three daughters with ex-wife Demi Moore.



Molly Sims

Baby Sims goes under cover during crime shows

Molly Sims knows what she likes on TV — real-life crime series — but with a baby on the way she's worried she might be doing some unintended damage.

"I'm addicted to Dateline and 48 hours. Lately, when I turn it on, I pull the sheet over my belly to make sure my kid is not, like, a serial killer," Sims tells Us Weekly. "I love those shows, but I'm like, 'Can he or she hear what they are saying?' so I cover my belly."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



More children, less money, way more problems



THE WORD
Dorothy Robinson
scene@metronews.ca

Well, after years of squawking about how the Octomom is going to be a welfare mother, it looks like all of our tsk-tsking is going to come true. Nadya Suleman, mom to 14, is now on welfare — and is receiving death threats because of it.

She tells TMZ.com, the $2,000 a month she gets from the State of California in food stamps is to avoid "becoming totally destitute."

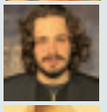
According to TMZ, since the welfare news broke, she's been receiving death threats but she feels people should be directing their anger toward those "who are abusing the system and not at her."

What about stupid people who abuse fertility drugs to have way more children they — and society — can't possibly support in a misguided attempt at fame?

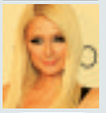
Where do we direct that anger toward?

Twitter





@ElizabethBanks
Autocorrect just changed Thurs to Thugs three times. I forgot Thugs was a word. Probably because it's not 1956.



@edgarwright
A simple internet rule is this: don't get your news from film sites that either don't watch films or seem to hate them all equally.



@ParisHilton
In bed trying to figure out which movie to watch. Deciding between The Tree of Life, Horrible Bosses, The Grey & Tangled. Thoughts?

@AlbertBrooks
Have a pretty funny joke about Lincoln but I think it's too soon.



Adam Levine

Ladies of the world rejoice: Adam Levine is single

Adam Levine and model Anne Vyalitsyna have broken up, according to Hollyscoop.

The very high-profile couple was previously seen walking the Victoria's Secret runway hand-in-hand and posing nude for Vogue Russia together last November, but apparently all wasn't well at home, as Levine and Vyalitsyna "got into a big fight in January" that nearly ended the relationship, a source says.

"Adam and I have decided to separate in an amicable and supportive manner," Vyalitsyna says in a statement confirming the split. "We still love and respect each other as friends, I wish him all the best." The pair met in 2010 at a Sport Illustrated swimsuit issue launch event where Maroon 5 was also performing.

Kutcher as Jobs? How do you like them Apples?

Two and a Half Men star Ashton Kutcher knows how he's spending his summer vacation: playing tech guru Steve Jobs in a film about the life of the late Apple mogul, according to Variety.

The film, to be directed by Joshua Michael Stern, will follow Jobs' rise to power. Of course, there's some competition, as Sony Pictures is developing a rival Jobs biopic, though there's no word on who will play the computer pioneer in that film.



Ashton Kutcher

3 LIFE

Living well

Surviving without food or water?

Humans can survive 30 to 40 days without food, providing they are properly hydrated. On the other hand, surviving that long without water is virtually impossible. Besides oxygen, it's the most important nutrient for the body. Expect to last between two to 10 days without it.

Health

Berries can help you

Berries are bursting with antioxidants. They also have remarkable anti-inflammatory and immune-system-boosting properties. One portion (one cup) a day is enough to reap the full health benefit.

METRO WORLD NEWS

On the Web

Foul smelling urine in young kids may be sign of urinary infection: study

Learning archery goes a long way for one hungry actress

Olympic archer Khatuna Lorig trained Hunger Games star Jennifer Lawrence. She tells Metro how she transformed the actress into an archer

ROMINA MCGUINNESS
wellness@metronews.ca


Jennifer Lawrence had to train for months to become a decent archer for The Hunger Games movie. HANDOUT

Shooting a bow and arrow isn't as easy as it looks in The Hunger Games. Without steady poise, physical strength and mental focus, it's unlikely you'll hit a target, much less a genetically mutated beastie. Just ask star Jennifer Lawrence, who had to practice so much, she ended up carrying the equipment around in her car.

In order to look and shoot like a professional archer, Lawrence trained with Khatuna Lorig one hour a day, for 15 days. Lorig's first tip: An archer needs to be standing correctly. Holding a bow with a bad posture could cause unnecessary injuries.

"If you're standing correctly you will have less pain and more pleasure," says Lorig.

This is how it's done.

The Alignment Drill

How does the body need to be aligned as you shoot?

"First, make sure your shoulders are lined up. From here, hold your bow in your hand and stand perpendicular to your target. Get into position by making a 'T' shape with your arms; open them up bending one arm to your face, touching your chin and using the other arm, your 'bow arm' to aim at the target," explains Lorig.

The advantage of being long and lean

Lawrence has the perfect body for archery. She's tall (around 5-8) with long arms and a long neck.

"Long limbs are perfect for archery as it's easier to get into the alignment drill," adds Lorig. Once Lawrence could handle the bow with ease, Lorig wanted her technique to look natural. Moving on from the static alignment drill, she got her to shoot from longer distances and from a crouching position, with one knee down on the ground — a move she would be required to master on set.

Quote

"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique."
Olympic Archer Khatuna Lorig

Arm strength

Although Lorig admits her only exercise is archery, she doesn't dismiss the benefit of arm strength when it comes to improving technique.

"Arm strength is very important for an archer. Jennifer trained with a 15-pound wooden bow — and the one she uses in the movie was probably lighter than that — but professional archers can hold up 45- to 50-pound bows," explains Lorig.

Adding press ups or light weight lifting to your exercise routine will help build arm strength, allowing you to keep a tighter grip on your bow, which in turn will precise your aiming skills.

Mental focus is crucial when you are aiming

"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique, keeping your mind as sharp as you can," explains Lorig.

How can you get the perfect aim?

According to Lorig, there's no trick to having the perfect aim.

"The trick is training all day, every day and shooting about 400 to 500 arrows each time. Without practice, there's no way you'll make the perfect shot."

On a scale of one to 10, how does Lorig rate Lawrence's archery skills?

"I would give her a seven or eight out of 10. Her performance in the movie was very good considering I didn't train her on set."

How Jennifer Lawrence got fit

Analysis. Metro looks at her physical transformation into Katniss Everdeen

ROMINA MCGUINNESS
wellness@metronews.ca


Jennifer Lawrence HANDOUT

To prepare her body for the Games, Jennifer Lawrence stuck to an intense fitness schedule consisting of twice-daily workouts with conditioning coach Dr. Joseph Horrigan. In the morning she would work on her running technique by performing a series of agility drills and sprints. In the evening she focused on stationary bike work, mixing this up with an aerobic and aerobic exercises. By the time filming began, she had lost around eight pounds.

A climber's agility

In order to perfect Katniss's tree climbing techniques, Lawrence teamed up with the stunt team to work on her agility skills. They set up arena-like obstacle courses for her to practice in, such as rock and tree climbing.

Core strength and flexibility

On her rest days, Lawrence stretched and flexed her muscles with some Yoga and Pilates. Both techniques help relax the mind and strengthen core muscles.

The District 12 diet

Katniss isn't meant to look overfed so Lawrence's nutritionist capped her calorie intake.

Teen sensation



Josh Hutcherson the new Taylor Lautner?

To match the buff build of his character Peeta Mellark, Josh Hutcherson had to gain 15 pounds of muscle. His trainer, an ex navy SEAL, made him do weight lifting and put him on a strict high-protein, low-carb diet to increase muscle and reduce fat.
ROMINA MCGUINNESS

Wild Rice Casserole: An elegant side dish for spring



This recipe serve six. THE CANADIAN PRESS H/O

This side dish idea is full of delicious dried fruits along with an apple to give you a sweet and tart tasting casserole.

Enjoy it alongside any family favourite roast.

Ingredients

- 45 ml (3 tbsp) butter
- 1 onion, chopped
- 2 stalks celery, chopped
- 5 ml (1 tsp) dried rosemary
- 15 ml (1 tbsp) dried thyme
- 1 L (4 cups) cooked wild and long grain rice mixture
- 250 ml (1 cup) Medjool dates, pitted and chopped
- 1 cooking apple, peeled, cored and chopped
- 150 ml (2/3 cup) diced cooked ham
- 125 ml (1/2 cup) diced dried apricots
- 3 ml (3/4 tsp) salt
- 2 ml (1/2 tsp) fresh pepper

1. In a small saucepan set over medium-high heat, melt butter; sauté onion and celery for 4 to 5 minutes or until soft. Stir in rosemary and thyme; remove from heat.

2. In a large bowl, combine cooked rice with onion mixture and stir in dates, apple, ham, apricots, salt and pepper.

3. Spoon into a buttered 2-l (8-cup) baking dish. Cover and bake in 180 C (350 F) oven for 30 minutes or until hot.

BARD VALLEY MEDJOOL DATE GROWERS ASSOCIATION/ THE CANADIAN PRESS/ THIS RECIPE WAS ADAPTED FOR METRO BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE VISIT, EMILYRICHARDSCOOK.CA)

Barbecue Chicken Sandwich. Leftover dinner makes tasty lunch



Ingredients

- 2 cups (500 mL) sliced left over cooked chicken
- 1/4 cup (50 mL) barbecue sauce
- 4 slices white bread
- 1 tbsp (15 mL) low-fat mayonnaise
- 2 tsp (10 mL) cider vinegar
- 1/2 tsp (2 mL) granulated sugar
- 1/4 tsp (1 mL) salt, pepper
- 1 cup (250 mL) bagged coleslaw mix

1. In a bowl, combine chicken with barbecue sauce and divide between 2 slices of bread.

2. In another bowl, whisk together mayonnaise, vinegar, sugar, salt and pepper. Toss with coleslaw.

3. Put the coleslaw on top of the chicken. Top with remaining bread slices to make sandwiches. Slice and serve immediately. **NEWS CANADA/ DEMPSTER'S/ ADAPTED BY EMILY RICHARDS (VISIT, EMILYRICHARDSCOOK.CA)**

A reason to grill

1. In blender, combine lime juice, chipotles and brown sugar. Blend until smooth, add ooil and blend for about 4 minutes or until ingredients are frothy.

2. Place steaks in a large glass baking dish and pour half the chipotle marinade over the steaks and turn to coat evenly. Cover with plastic wrap and refrigerate for at least 2 hours or overnight. Refrigerate the remaining marinade separately.

3. Remove steaks and remaining marinade from refrigerator 30 mins. prior to grilling. Remove steaks from the marinade and season with salt and pepper on both sides. Place steaks on greased grill over high heat for 5 minutes. Flip steaks and cover for an additional 5 minutes for a medium rare steak. Transfer steaks onto a cutting board and let rest for 5 minutes.

4. Cut steaks in half, drizzle with remaining marinade and serve with the cucumber slaw.

5. Creamy Ontario Greenhouse Cucumber Slaw: Place cucumber strips into a strainer and add salt. Let stand for 10 minutes and drain excess water. Place in bowl and stir in yogurt, dill, salt and pepper to taste. **NEWS CANADA/ ONTARIO GREEN HOUSE/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR & TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.**

Ingredients

Steak
- 4 limes, juiced
- 3 chipotles in adobo sauce
- 3 tbsp (45 mL) packed brown sugar
- 1 cup (250 ml) olive oil
- 2 rib eye steaks, 1 inch (2.5 cm) thick (1 lb/454 g)
- 8 oz (225 g) creamy Ontario greenhouse cucumber slaw
- Kosher salt

Creamy Ontario Greenhouse Cucumber Slaw
- 1 cup (250 g) Ontario green house cucumbers, seeded and cut into julienne strips
- 1 cup (250 ml) plain yogurt
- 3 tbsp (45 mL) fresh dill
- Salt and pepper to taste

Chipotle Marinated Grilled Rib Eye and Cucumber Slaw



This recipe serves four. NEWS CANADA

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Easter

Time to hunt some eggs again



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

With Easter just around the corner, I thought I'd offer up some tips for those families, or churches and social groups, considering doing an Easter-egg hunt. Here are a few ways to ensure it's a success.

1. Think about the age group. This is one activity where mixing young kids with older ones doesn't always work. Consider a toddler egg hunt and an older children's egg hunt to keep things fair.

2. If treats are to be hidden inside the eggs, mix up what the children will find. Putting the same surprise in each egg will be a disappointment, no matter how cheap you found them at a big-box store.

3. Talk to your kids ahead of time. There are inevitably going to be a few skirmishes where kids fight over an egg they find at the same time. As hard as it is, this is a good opportunity to teach your kids about sharing. Parents, this is your job!

4. A way to deal with No. 3 is to assign children a colour, so that they have to find eggs only of one particular colour. This should help avoid disputes.

5. Plan an adult-friendly gathering while the children are hunting, and remember to let them have fun. Don't stress about grass stains on clothing; just let the kids run out and play. Besides, in an upcoming article, I promise to tell you all about dealing with those pesky grass stains!

Happy Easter to all of you who celebrate this wonderful holiday.

I am currently in Abu Dhabi training for two weeks, yet my gracious hosts from this part of the world are taking me out for lunch on Sunday in celebration of my holiday — how lucky am I to have such a gracious host?



Think about age groups when planning your hunt. ISTOCK

Examining The Mama's Boy Myth

Reading. Mother-son relationships get an in-depth look in new book

MEREDITH ENGEL
Metro New York



Moms who are close to their boys teach them how to put their words into feelings, according to author Kate Stone Lombardi. ISTOCK

With so much attention given to the special bonds between mothers and daughters, fathers and daughters, and fathers and sons, where does that leave mothers and sons? Kate Stone Lombardi, author of The Mama's Boy Myth: Why Keeping Our Sons Close Makes Them Stronger, sought to find out.

"It's almost been like the elephant in the room," she says. "For some reason no one has looked at the mother-son subject. The world has changed so dramatically and yet we're still sort of stuck in this time bubble when it comes to moms and sons, this idea that them being close is somehow dangerous or wrong. We are long overdue to take a look at this relationship."

The author says that society has been quick to reject the idea of a close bond between mother and son because the son can be perceived as weak and the mother overbearing. And while she's not asking moms to raise boys who require a maternal nudge at every turn, she does hope to inspire them to take a more active role in their sons' lives. We wanted to learn more.

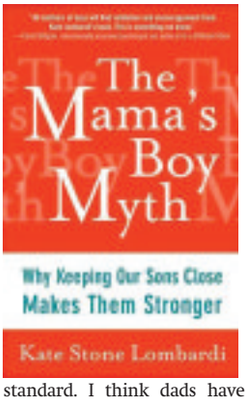
How did the idea of the mama's boy start?

I think it goes back to the Oedipus complex. The Oedipus complex is a theory that Freud wrote in 1899 — basically, it's the unconscious desire for a little boy to sleep with his mom. Freud was really writing about the unconscious, and I think we misinterpreted what he was saying.

We turned it into the idea that normal, healthy mother-son affection and closeness is somehow wrong and dangerous. And that is just not true — being close to his mother benefits a boy, both when he is young and throughout his life.

Why are daddies' girls more revered in our society than mama's boys?

I think there's really a double standard. I think dads have a lot more freedom when it comes to their daughters. A dad (who) coaches his girl in lacrosse or even teaches her a "masculine" skill like working on a car engine is still a cool dad.



For some reason it's not at all the same with moms. If a mom tries to influence her son, people start worrying that she's gonna feminize her boy. But no one worries that the dad is gonna turn his little girl into a boy by teaching her sports. One professor at Bates College studied parents of preschoolers. The parents were totally fine if the little girls (wore) sports jerseys and played with trucks and blocks, but the same did not extend for little boys. They were OK if little boys played in the kitchen a bit, but that's it. There is a double standard.

How does society benefit from a boy who's close to his mom?

Moms who are close to their boys really teach them emotional intelligence. They teach them how to put their words into feelings. That is gonna serve a boy all through his life. One study showed (that with) guys who had a stronger connection to their moms, their wives and partners rated them as much better communicators.

Men who really like and respect their mothers like and respect other women.

Research has shown that boys who are forced to separate prematurely from their moms — I'm talking about little guys whose moms stop cuddling them because they think they need to toughen up — go on to have a hard time with women.

And the reason is they've learned that the first woman that they've ever loved has pushed them away.

Guys who have good, secure attachments with their moms go on to have good relationships.

Spring is here, so give your mind some cheer

GABRIELLE BERNSTEIN
Metro New York

Springtime ignites a whole new attitude in city-dwellers. The heavy layers come off, the Frisbees start flying and a state of newfound happiness sets in.

This spring season, amp up your good vibes with my tips for happiness.

Spring clean your mind

Spring offers us an awesome opportunity for cleaning house. Rather than put so much emphasis on spring-cleaning your closet, though, why don't you clear out some of the clutter in your mind? There's likely a thought (or several) that has been holding you back and keeping you stuck.

Get honest with yourself about the negative thoughts that are limiting you and commit to a mental spring cleaning. The simplest way to begin is to start each day with a more positive intention.

Each morning, affirm your desire for the day by saying: "Today I choose to perceive my life with positivity. I am willing to release the negative thoughts that have been holding me back from happiness."

This simple mantra will jump-start your day with powerful energy and a commitment to happiness. Making the conscious decision to choose happiness will begin your mental clearing process.

Take a sun break

If you work at a desk or spend too much time indoors, make a point to step outside to soak up the sunshine.

The sun has so many healing elements. When you're exposed to direct sunlight you produce endorphins that bring about a burst of positive energy.

Take a sun break once a day and let happiness shine upon you!

Plan a picnic

City-dwellers spend too much time eating takeout or obsessing over the latest hot restaurant.

This spring, take advantage of the park and share an awesome picnic. You'll find joy in preparing a meal for a friend and saving some cash while you're at it.

Bring your new attitude to the park, soak up the rays and enjoy your picnic!

GABRIELLE BERNSTEIN IS THE AUTHOR OF SPIRIT JUNKIE.



Sunlight produces endorphins in your body that can bring about a burst of positive energy. So make sure you take an outdoor break today. ISTOCK



Pass 'go' and collect your tax savings. ISTOCK

Don't give the tax man a penny too much

Last-minute filing. No one likes paying taxes, but you can take steps to avoid overpaying



YOUR MONEY
Alison Griffiths
money@metronews.ca

There's a very good reason why death and taxes often occupy the same sentence. Neither is appealing to contemplate. While death can sometimes be delayed there's no avoiding the latter at this time of year.

As sure as April follows March every year, there is a stampede to file returns once Easter and Passover indulgences have been digested.

Alison's money rule

"Pay yourself first by double-checking all your tax deductions and credits."

Your friend in these last-minute situations is, in my opinion, the best tax book available for consumers: Essential Tax Facts: Simple tips for preparing your taxes so you can build wealth (2012 edition), by Evelyn Jacks, tax expert and founder of the Knowledge Bureau in Winnipeg.

Jacks points out that taxpayers leave thousands, sometimes hundreds of thousands of dollars, on the table over their lifetimes by paying too much tax.

It's tough these days to increase your income. But being vigilant about every penny sent to Ottawa and your provincial government is something everyone can do.

Here are some of the changes Jacks highlights for 2011.

1. Children's Arts Tax Credit Similar to the Fitness Tax Credit, parents can claim (or share the claim) for up to $500 if the child is enrolled in a broad range of artistic, environmental or cultural activities.

2. Tuition Tax Credit – Examination fee This is claimable for examinations and pre-requisite study materials purchased in order to achieve a recognizable licence or professional status.



3. Study abroad
The study period has been reduced to three weeks from 13 for students in full-time programs at Canadian universities and colleges.

So if you are off to Italy to study Michelangelo's David for three weeks as part of your degree, you can claim the tuition and education amount and withdraw Education Assistance Payments from an RESP.

Spend time with your taxes

Just how careful are you?

- **It pays to be careful.** On the TV show Million Dollar Neighbourhood, a review by H&R Block found that nearly a third of tax filers made at least one error on their return.

4. Sharing an RESP with a sibling Transferring from one RESP to another will not trigger repayment of the government Canada Education Savings Grant as long as the sibling receiving the funds is under 21.

5. Money from babes
The Canada Child Tax Benefit, Universal Child Care Benefit and GST credit can now be split 50/50 between parents (for payments received after June 2011), assuming they live with the child.

One of Jacks' top tax tips is a recommendation that couples (married or common-law) file taxes jointly to maximize credits and deductions including medical expenses and amounts for public transit, children's fitness and arts and the new home buyer's credit.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM


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4

SPORTS

Canucks

Henrik Sedin says brother Daniel is 'getting better'

Vancouver Canucks star Henrik Sedin says his teammate and twin brother Daniel is improving as he attempts to recover from a concussion. "He's getting better and better, so we're hopeful," said Henrik after practice Monday. Daniel Sedin was injured March 21 when he took an elbow in the head from Chicago Blackhawks defenceman Duncan Keith. The NHL suspended Keith five games for the infraction. Henrik was non-committal on whether Daniel could return in time for the playoffs, but expressed optimism for a post-season return. "We've got a week or a week and a half before the playoffs start. So there's still time."

THE CANADIAN PRESS

On the web

Is the NFL about to go to the Ducks? Nike is set to unveil its new NFL uniforms Tuesday, with some speculating the company will take design cues from the NCAA's Oregon Ducks. Nike has designed five different helmets, seven jerseys and six pants for Oregon that have become known for their flamboyant colour combinations. Scan the code for the story.

Team Canada's confidence grows with pair of wins

Curling. At 5-0, Howard and Team Sweden are only unbeaten rinks left at world championship

Canada's Glenn Howard posted two more victories Monday to remain unbeaten at the world men's curling championship.

Howard beat Norway's Thomas Ulsrud 8-3 in the morning draw before defeating Jiri Snitil of the Czech Republic 9-3 in the evening. Canada remained tied with Sweden for first place at 5-0 after eight draws of round-robin play.

"I sense the confidence is getting bigger and bigger," Howard said. "I felt really comfortable out there again tonight. My guys are making everything underneath me."

The Czech game was tighter than the result might suggest. Howard entered the ninth end with just a two-point lead and hit a nice double takeout to score four points to end it.

Howard and teammates Wayne Middaugh, Brent Laing and Craig Savill shot an impressive 91 per cent in both wins.



Glenn Howard delivers a stone Monday during a match between Canada and Norway in Basel, Switzerland.
GEORGIOS KEFALAS/THE ASSOCIATED PRESS

The Czechs provided a much stiffer test than the Norwegians. Ulsrud, the 2010 Olympic silver medallist, never got on track and made several uncharacteristic errors.

"We kept putting pressure on him and he was missing," Howard said. "The recipe for a win."

A back injury to skip Niklas Edin hasn't hampered Sweden's performance. Sebastian Kraupp has filled in nicely and guided the rink to a 10-8 win over France to keep pace with Canada.

Another medal favourite, Scotland's Tom Brewster, was in third place along with the surprising Liu Rui of China at 4-1. Norway is one of four teams tied at 2-3 while the other rinks are even at 1-4.

After a slow weekend, attendance picked up Monday night with an estimated 1,800 spectators at the 9,000-seat venue.

Howard said his team has felt comfortable from the start of the competition.

"I'm always talking about peaks and valleys," Howard said. "Our valleys aren't too bad and that's the good news. We're always up there pretty high. That was a really good game."

Howard shot 88 per cent for the game, well ahead of Ulsrud at just 56 per cent.

Round-robin play continues through Thursday night and playoff games are scheduled for the weekend. Teams also have an opportunity to earn Olympic qualifying points for their countries at the competition.

THE CANADIAN PRESS

Howard's titles

Howard has won three world titles over his career —in 1987, 1993 and 2007.

Quoted

"We came out and were really playing well and caught Norway on an off day. Good timing."

Skip Glenn Howard on Canada's 8-3 win over Norway on Monday.

Unfinished NHL business

All 30 NHL teams close out their regular-season schedule with games on Saturday and there is plenty still at stake before then, from playoff spots to year-end trophies to personal milestones. Here's a closer look at what to keep an eye on in the coming days:

THE CANADIAN PRESS



Cluttered conferences

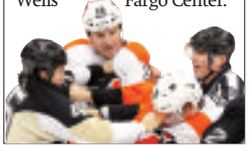
In the Western Conference, Los Angeles, Phoenix, San Jose, Dallas and Colorado are fighting for three playoff spots.

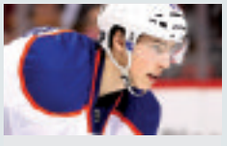
In the East, ninth-place Buffalo are two points back of Washington and five behind Florida. They'll need to win all three remaining games and get some help to make the playoffs.

2

Battle for home ice in Pennsylvania

The Pittsburgh Penguins enter the week one point up on the Philadelphia Flyers and a season-ending meeting between them on Saturday will likely determine whether their series starts at Consol Energy Center or Wells Fargo Center.





Battle for freshman supremacy

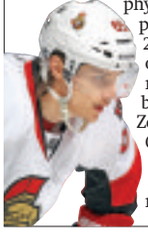
A trio of players are still fighting for the rookie scoring lead, which could affect how members of the Professional Hockey Writers' Association vote on the Calder Trophy.

Edmonton's Ryan Nugent-Hopkins and Colorado's Gabriel Landeskog entered Monday with 51 points each, one ahead of New Jersey's Adam Henrique.

4

Will Karlsson reach 80-point mark?

Ottawa Senators defenceman Erik Karlsson is down to three games to bolster his case for the Norris Trophy. His 77 points are 25 ahead of the next best blue-liner, Zdeno Chara, and he sports a plus-18 rating.



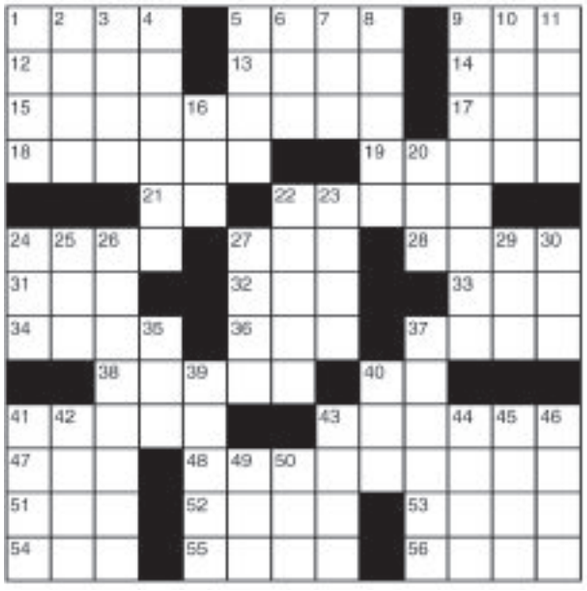


Presidents' Trophy pressure

Will the Presidents' Trophy go to Vancouver, the Rangers or St. Louis?

The Canucks are looking to become the NHL's first back-to-back regular-season champions since the lockout and enter the week tied with New York at 107 points, one ahead of the Blues. They each have three games to play.

Crossword



Across

1 Urban fleet
5 Stroller
9 Embrace
12 Grad
13 John/Rice collaboration
14 NAFTA signatory
15 Military sky divers
17 Journey segment
18 Lotus model
19 Burdens
21 Yours truly
22 Choppers
24 Sculptor's medium
27 Preceding
28 Takeout request
31 Army rank (Abbr.)
32 Be unwell
33 Indivisible
34 Pop choice
36 Pigpen
37 Incite
38 Overact
40 "Monopoly" corner
41 Town bigwig
43 Delicate, as a fragrance
47 In bygone times
48 Cartoon vamp
51 Writer Buscaglia
52 "What's the big —?"
53 Cogito-sum link
54 Recipe meas.
55 Stage statuette
56 Turns green?

Down

1 Part of a superhero costume
2 Remark re Yorick
3 After-dinner speech?
4 Smugly ingratiating
5 Segment
6 Carnival city
7 Big fuss
8 Syrup flavor
9 Wham-O product
10 Secondhand
11 Jokes
16 Dead heat
20 Mel of Coopers-town
22 Hackneyed
23 Slithery
24 LX percent of D
25 Privy
26 Comic-strip caveman
27 Bridge position
29 Wildebeest
30 "— the ramparts ..."
35 I love, to Livy
37 Wept loudly
39 Trip around the world?
40 Fellow
41 Beer ingredient
42 Quite some time
43 Command to Rover
44 Whig rival
45 Theater box
46 Heroic poetry
49 Tokyo's old name
50 Toe tally

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Monday's answer

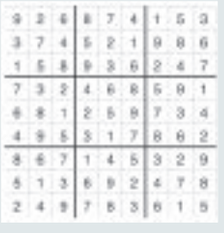


Sudoku

		4				8		
		3	5		4	6		
7				3				9
	1	5	3		6	9	2	
	9	2	1		5	7	6	
5				4				3
		8	2		1	5		
		9				2		

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer



Send a kiss

- **Mr. Hammer Man**. You will always be my stereo. ilu
- **Bunny.** I love you. You have to remember, its always going to be YOU and ME. It's the most real thing you've ever had. We don't give up on the things we love. We always come back. <3 Baby T
- Nothing can rival spending my life with you; not eternal bliss or existing logically. Jeremy
- **Gady.** I know you may not notice how handsome I think you are, and I don't really see you too often but if you read this just know I love steering at you I have a crush on you. Your admirer always
- **Mi Vida <3.** I love you so much <3 I know that at times things are hard but no matter what, me and you will make it through <3 we've been through a lot before and I will always be here for you no matter what <3 you're the only girl I'm willing to die for <3



Horoscope

Aries | March 21 - April 20. You are in the mood to travel, socialize and have a good time.

Taurus | April 21 - May 21. As an Earth sign you enjoy the good things in life, and with your ruling planet Venus moving into the money area of your chart today you'll be able to afford them too.

Gemini | May 22 - June 20. Whatever changes take place over the next 24 hours you can be sure they will work in your favour, at least in the long-term.

Cancer | June 21 - July 22. You need to sit down quietly, away from other people, and decide what your priorities are going to be.

Leo | July 23 - Aug. 22. Make an effort to get out into the world and meet people today.

Virgo | Aug. 23 - Sept. 22. This is an excellent time to show someone in a position of power that you have what it takes to succeed.

Libra | Sept. 23 - Oct. 22. You are hugely optimistic about the future, and with good reason.

Scorpio | Oct. 23 - Nov. 21. Steer clear of extremes today, especially extremes of emotion. Like most Scorpios you harbour a few secret grudges but this is not the time to make them public.

Sagittarius | Nov. 22 - Dec. 21. The people you meet today, both socially and at work, will go out of their way to be nice to you. Respond in kind and show everyone what a big-hearted Sag you are.

Capricorn | Dec. 22 - Jan 20. You may be tempted to push yourself harder and take on more responsibilities but is that really such a good idea?

Aquarius | Jan. 21 - Feb 18. Anything of a creative or artistic nature is under exceedingly good stars at the moment, so believe in yourself and what you are doing and before you know it you may be something of a star yourself.

Pisces | Feb. 19 - March 20. Let fate take its course and don't try to change things that are best left alone.

SALLY BROMPTON



Caption Contest

"Staring Contest!! 1,2,3, GO!"
Amanda

JENS KOEHLER/THE ASSOCIATED PRESS

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